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**Themes:** Advocacy, , Bereavement and Grief, , Counselling, , , , Physical Disabilities, , Public Sector Services

**Aimed at:** Older Adults 65+

Our community services team of dedicated staff and volunteers help isolated older people to re-build a fulfilling and independent social life and reduce feelings of loneliness.

We are focussed on connecting people aged 65+ with other people with similar interests and experiences, this includes our own locally-based friendship volunteers; activities in their own communities and other local services that can be of help.

Independent Age's community services are designed to achieve positive change in the lives of an older person by listening to what they need and shaping the support accordingly over an agreed time period. Our overall aim is for people to feel better connected both socially and to other forms of practical help, information and advice.

An amazing team of volunteers are supporting older people in accessing the services and activities they are interested in, accompanying and supporting them through the process. Volunteers can help with friendship visits and telephone calls, help organise group activities alongside older people and explore opportunities for people to develop their own joint activities wherever possible.

**Area:** Bassetlaw, Bolsover

## Contact Details

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